

THE VALLEY AND EASTCOAST VOICE

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DOES EXERCISE REALLY PROLONG LIFE?

A new conventional wisdom that strenuous exercise is good for you - has propelled thousands of people into an exercise explosion. Parks are crowded with joggers. Sales of exercise bicycles are booming.

Doctors even prescribe vigorous exercise for post-coronary-attack patients. Clearly, most people accept the proposition that exercise improves strength and stamina, and provides an overall sense of well-being. Yet two crucial questions remain; does exercise prolong life, and does it give real protection against that modern scourge, heart disease?

The activities associated with these particular benefits fall into the category called aerobic exercise- exercise that can be sustained for long periods without building oxygen debt in the muscles. The most common aerobic exercises are walking, jogging, cycling, swimming and rope-skiing. These activities involve rhythmic and vigorous contraction and relaxation of the large muscles and, when carried out at a certain rate and over a long enough time, raise body temperature, increase heart and breathing rates, and induce sweating. In producing these physiological changes, aerobic exercises lead to a condition called fitness. A fit individual's ability to consume oxygen during strenuous exercise is far greater than his resting heart rate is lower and his endurance is dramatically increased.

In addition to these physiological changes, vigorous aerobic exercise may reduce blood pressure while modifying blood chemistry. The blood contains two principal classes of fat: cholesterol and triglycerides. Everyone knows that excessive cholesterol increases the probability of a heart attack. In recent years evidence has been growing that triglycerides also are associated with an increased heart-attack risk. Exercise lowers the level of triglycerides, often dramatically; and it may reduce blood-cholesterol levels.

But recent research shows that certain lipoproteins, compounds that transport blood cholesterol, may also be important in coronary-heart diseases. Low-density lipoprotein (LDL) appears to be the villain here. It carries cholesterol into the artery walls, where it initiates the atherosclerotic plaques that finally obstruct arteries. High-density lipoprotein (HDL) has an opposite effect. "HDL, which

appears to block the uptake of LDL into the artery walls, serves as the body's sewer system in getting rid of cholesterol, says Dr Arthur Leon of the University of Minnesota's medical school. The only way the body has to get rid of cholesterol is via HDL, which carries it away from the arteries to the liver, where it is degraded and thrown out in the bile.

Studies demonstrate that vigorous exercise apparently raises HDL levels, and levels LDL. For example, biochemist Peter Wood and his colleagues from the Stanford Heart Disease Prevention Programme recently compared the blood chemistry of 41 middle-aged men who run at least 25 kilometres a week with that of a similar group of non-runners. Results: the runners had half the the plasma-tri-glyceride levels of the non-runners, and slightly less total cholesterol. Most significant of all, the runners' HDL level was 64 milligrams versus 43 for the non-runners.

Rolls Of Fat. Still other effects are associated with regular, vigorous exercise. Dr. George Mann of Vanderbilt University studied the hearts of 50 warriors of the Maasai tribe of Africa. These natives, aged from 15 to 50, walk 19 kilometres or more a day herding cattle. Dr. Mann divided the hearts into 10-year age groups and found that the size of the coronary arteries increased with each decade of life. The implication is that the exercise and fitness of the Maasai cause their arteries to continue to grow throughout life rather than to become smaller, as it usually the case with sedentary, atherosclerosis-ridden people in mechanized Western countries. This enlargement makes atherosclerosis innocuous.

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WHAT'S ON

WHAT'S ON

THE NEXT MEETING of the St. Marys District High School Parents and Friends Association will be held on Tuesday 21st November at 8.00pm in the school library. This will be the last meeting for the year and a good attendance will be expected. Items for discussion will include final arrangements for the Parents and Friends Stall on Open Day. We need your support to make this stall a success. Tuesday night will be your last opportunity to view and order reasonably priced school jumpers and caridgans as the final order must be sent before November 30th.

ST. MARYS FOOTBALL CLUB 30 NOVEMBER, Club meeting in the clubrooms. 16th DECEMBER Christmas Party at the Clubrooms - Barbecue and Cabaret.

THE ALLIES OF THE UNITING CHURCH Fellowship, the Catholic League and the Anglican Ladies Guild (Fingal) have arranged a Christmas function on Monday 11th December at 2pm at the R.S.L. Hall in St. Marys. The afternoon will include Carol singing, games and items. As well as afternoon tea. All ladies in the Valley are invited to attend.

ST. MARYS HOSPITAL AUXILIARY members please note change of date for our next meeting. This will be held on November 20th at 7.30pm Business to be discussed, Carols and Christmas Party. All members please try to be present.

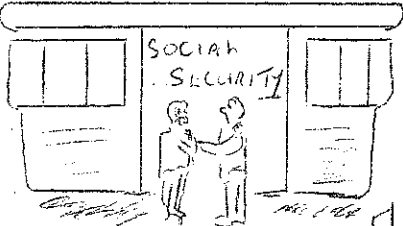
ST. MARYS LADIES FELLOWSHIP will be holding their combined Christmas Party in the R.S.L. Hall 27th November 7.30pm. Please remember old articles of clothing for Mrs. Oliver, supper and come dressed in poor taste.

STOP

WE'LL ANSWER
YOUR QUESTIONS

on

PENSIONS, BENEFITS,
FAMILY ALLOWANCES AND
OUR OTHER SERVICES




MOBILE OFFICE PROGRAMME

<u>LOCATIONS</u>	<u>WEEKDAY</u>	<u>DATE</u>
Rossarden	Monday	27 November

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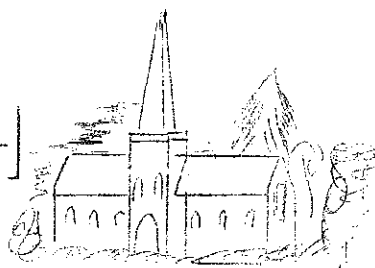
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CHURCH NEWS



UNITING CHURCH FINGAL PORTLAND PARISH

Sunday November 19

Fingal	9.30am	Vincent
St. Marys	11.00am	Vincent
St. Helens	7.00pm	Vincent

Sunday November 26

Fingal	9.30am	Denney
St. Marys	11.00am	Denney
St. Helens	7.00pm	Vincent

CHURCH OF ENGLAND PARISH OF AVOCA, FINGAL CULLINWOOD

Sunday November 19th

Fingal	9.00am	H.C.
Cornwall	10.30am	H.C.
Avoca	7.00pm	H.C. Vestry

Sunday November 26th

Fingal	9.00am	H.C.
St. Marys	10.30am	M.P. Vestry
Avoca	7.00pm	E.P.

CATHOLIC PARISH OF ST. MARYS

St. Marys - St. Marys of the Assumption
November - December, Sundays 9.00am

St. Helens - SS Helena & Stanislaus
November - December, Vigil Mass, Saturdays
6.30pm

Fingal - St. Joseph
November - December 1st, 2nd and 4th
Sundays 10.30am

Mangana - Our Lady of the Sacred Heart
3rd and 5th Sundays 10.30am

Bicheno - Community Church
November - December, 1st Sunday 4.00pm

PARISH PRIEST:
Father Geoffrey Jarrett,
The Presbytery, St. Marys 7215
Telephone (003) 722252

<u>NOVEMBER</u>	<u>MEALS</u>	<u>ON</u>	<u>WHEELS</u>	<u>ROSTER</u>	
		<u>ST. MARYS</u>		<u>FINGAL</u>	<u>MANGANA</u>
Sunday 19		Kevin Faulkner		D. Williams	
Monday 20		Ruth Gill		B. Saunders	J. Miller
Tuesday 21		Mary Richardson		Pastor Vincent	Mrs. Sweeney
Wednesday 22		Bonnie Crawford		W. Davenport	
Thursday 23		Cheryl Cox		M. Francis	M. Francis
Sunday 26		Bob Cook		M. Saunders	
Monday 27		Wendy Aulich		B. Hughes	J. Miller
Tuesday 28		Mary Targett		A. McKenzie	A. McKenzie
Wednesday 29		Val Leedham		Nancy Ransom	
Thursday 30		Jean Schier		B. Saunders	A. Turner

THRIFT SHOP ROSTER

November 17	Mrs. G. Hayes - U. Camplin
" 24	Mrs. B. Haas and partner
December 1	Mrs. D. Morris & S. Birrell

EMPTY CHRISTMAS TREE

The empty Christmas Tree will be in the Church of the Good Shepherd Sunday 19th November. The Tree will be in the Church for one month. Gifts are asked for Clarendon Children's Home, Glenview Home for the Aged or the Roland Boys Home. It is to be hoped that a tree will be erected in Holy Trinity St. Marys.

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SPORTS

FISHING NEWS.

Angler's Diary:- 18th & 19th November
 Australian Fishing Championships at Swansea-
 St Helens Surf Angling Club have cancelled
 their contest previously listed for 19th
 November - 26th November- St. Helens Game
 Fishing Club 1st Rival Day. 10th
 December- Scamander Angling surf contest at
 Four Mile from 3 to 8pm.

During the last holiday weekend, Scam-
 ander Angling Club held a bream contest
 in the the Scamander River. It was a prom-
 ising warm-up for those who will journey to
 Swansea today & tomorrow for at least 100
 fish was caught. There were 34 entries but
 some of these did all their fishing from
 an eighteen gallon key at a rival function
 organised by another sporting group. However
 the genuine anglers made up for the others & ...
 many good bags were brought home. Winner
 was Algy Quinn from Branhholm with all LB
 14 OZ bream- he started the day as a visitor
 & finished by joining the club. Second was
 another visitor, M.Cox, third was Tony
 Cooper while Mrs Alice Hovenden just scraped
 home by 1/2oz to take the ladies trophy. Well
 known Scamander game fishing enthusiast, Bob
 Green, is tacking every precaution against
 any emergencies in the coming season. He
 was observed taking swimming lessons in a
 private pool. We wish local anglers every
 success at Swansea & hope to see some familia
 -r names amongst the trophy winners next
 week.

LIONS BINGO
 \$100 JACKPOT
 LOG FIRE - 7 30
 TUESDAY

WHAT'S ON CONTINUED

PINGAL TENNIS CLUB Open Day will be held on
 Sunday 26th November commencing at 1.30pm.
 Everyone welcome. Ladies a plate please.

SEE LOCAL ARTISTS in action when the most
 talented Bicheno Players present THE CAT
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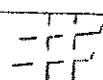
ST MARYS FOOTBALL CLUB

COMING EVENTS

NOV 25th CABARET AT CLUBROOM
 THREE PIECE BAND PLAYING
 NOV 30th CLUB MEETING
 DEC 16th CHRISTMAS PARTY
 BAR-B-Q & CABARET



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VOLLEYBALL COMPETITION.
BY TIME-OUT.

The final round of roster matches were played on 2nd. November with 2nd. place hinging on the results of these matches.

Game 1: Top side Adidas out-played Footie Franks in this game to win easily 3-0 and to finish the roster matches undefeated winning all 14 games. This should stand as a record for a long time. The game was of a fair standard with Adidas lifting themselves out of their complacency which they have been showing in recent weeks. Footie F's. never looked like winning this game and eight points was the most that they scored in a game. Best players were Terry Targett & Glen McDonald for Adidas and Greg Tapp for Franks.

Game 2. C.B.A. went into this game knowing that they had to win to keep the pressure on Footie F's. in the last game. Alpine although missing a couple of their regular players, put up a reasonable fight but went down 3-0 to the superior C.B.A. side. Best players were Steven Bradord & Ian Bradbury for C.B.A. & Gary Richardson for Alpine. This win put C.B.A. into 2nd. place but this was considered to be only temporarily as Footie Franks only had to defeat Jetsetters in the next game to regain the position.

Game 3. Footie Franks immediately went to an early lead in this game winning the first two sets 15-11 & 15-5. At this stage most of C.B.A. went home giving up hope of a miracle happening. Jetsetters with nothing to lose started for the 1st. time this year to play as a team and their setting up & spiking was really good to see. They gradually started to wear the F.F's. down and won the last 3 sets 15-8, 15-13 & 15-9 to take the match 3-2, much to the surprise and delight of the remaining C.B.A. players who had sat throughout the game with their fingers crossed. If Jetsets stay together for the next roster and continue their form on from this game they could emerge as one of the top contenders for next roster honours. Best players were all played well for Jetsetters with Keith Cook, Kent Wells, Ricky Donker, & Peter Lohrey outstanding. Footie Franks failed to have anyone worth mentioning.

The games for the Premiership night are: Consolation Final

Jetsetters V Footie Franks

GRAND FINAL

Adidas V C.B.A. Travel
Without any bias the best 2 sides in the comp. are in the Final.

VOLLEYBALL CONTINUED.

FINAL ROSTER POSITIONS.

ADIDAS	56	WINS	14
C.B.A.	28	"	7
FOOTIE FRANKS	24	"	6
JETSETTERS	20	"	5
ALPINE	12	"	3

GRAND FINAL NIGHT.

BY A SPECIAL CORRESPONDENT.

C.B.A. Travel burst through streamers to run onto the court where a confident Adidas was waiting to begin the best of seven game final. The spectators began their noise & in true Australian fashion went for the underdogs C.B.A. It was a match of excitement & it took the 7 games to find the winner, 2 hours 10 minutes later.

C.B.A. began strongly & in the 1st. game began immediately to set the ball well for Chris McGregor & John Marshall to put away the winners. Peter Bradley was playing a cool game, especially from the back of the court. Adidas were obviously surprised at C.B.A.'s sudden start and took a long time to settle down and lost the game 16-14.

The 2nd. game began as the 1st., with C.B.A. forcing Adidas into rushed errors but Stan Hardcastle marshalled his players & Adidas won a close game 15-13. The score now 1-1

~~XXXX~~ 3rd. & 4th. games saw the rallies lengthen as both teams tried hard to find scoring opportunities, recoveries on both sides were improving and the spectators were watching some exciting volleyball. The 3rd. game was won 16-14 by CBA & the 4th. a very good win 15-6 to Adidas. Score 2-2.

Derek Summers served well for Adidas in the 5th. game. CBA's game was consistent but Adidas was now beginning to push the ball further to the back of the court and from there CBA's errors were sufficient to give Adidas another win to take the score to 3-2 in Adidas's favour.

Game 6 was now full of tension for it was CBA's last chance to stay in the final. This thought was enough and with all their players working well, C.B.A. won the game. Score 3-3

The deciding game began amidst a deafening roar of spectator barracking. Adidas went to a handy lead early. Terry Targett made some remarkable recoveries, Les Newman did the same and Glen McDonald, out of form earlier, scored some good winners. C.B.A. desperate to score, overreacted and many seeming winners were hit out of court, but gradually the scores closed & a heart stopper finish had arrived. The serves went back & forth, Adidas needing 1 point

CONTINUED

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PATIENT COMPLIANCE.

Patient compliance deals with the problem of getting a patient to adhere to a prescribed drug routine. This is of particular importance to patients who are on long term therapy for treatment of blood pressure, diabetes, and heart disease, where a strict drug regimen is important to stabilise the condition. Antibiotic therapy is another example where patient compliance is essential. Whenever an antibiotic mixture is prescribed for a child, or a course of antibiotic tablets or capsules for an adult, it is important that: " ALL THE CONTENTS OF THE CONTAINER SHOULD BE TAKEN ". This is to ensure that the infection, is eliminated completely and that no bacteria remain in the body to cause a recurrence of the infection, or more importantly, to develop resistance to that particular antibiotic. This is more likely to occur if the patient does not adhere to the drug regimen (e.g. Take 3 or 4 times a day), and only takes one now and then when he remembers. If this happens, only very low concentrations of the antibiotic are present in the bloodstream and the bacteria, after initial exposure develop resistance to the antibiotic. Subsequent use of that antibiotic will be of little benefit to the patient.

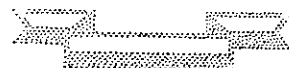
R. A. F. T.

The next meeting of R.A.F.T. will be on the 21st November at 8.00p.m in the Presbyterian Hall Fingal,

GARDEN CLUB.

15 Members attended the Seamander Garden Club meeting at the home of Mrs Eastley, on Nov 15th. K.Booth, A.Hovendon received Birthday posys. Apologies from G. Rowe, D. Lyle, A. Powe, R. Binns, R. Ryan, E.White, Best Rose A. Hovendon, Z. Scott, C. Marshall. Any other Bloom: E.Foley, J.Davis equal 1st, B.Turner, J. Eastly equal 2nd Z. Scott 3rd. Competition Winner: A.Hovendon. Xmas Table Decoration, E.Janison, Z. Scott, Mrs Sachse. Raffle Winner K. Booth. It was decided to hold the Xmas Party on Dec. 6th at 2pm at the home of Mrs K. Booth. Members and Visitors are asked to wear a party hat made from natural material. Feb 21st Meeting will be held at the home of Mrs Harris. Best Bloom of the month Fuschia. Special Competition, Something Representing a song Floral. Feb 21st Raffle Doner K.Booth.

The price of meat is up, i fear so buy the cheaper cuts, my dear. The fillet, i grant you, is very nice. The rump is too, but what a price, so with meat prices up so high, dear lady, the cheaper cuts do try.



VOLLEYBALL CONTINUED.

to be premiers while C.B.A. crept up a point at a time, but too slow. Adidas scored their point to win the match 4-3 and so remained unbeaten throughout the entire roster. The overall points scored in the game over the 7 games were Adidas 95 & C.B.A. 90, which depicts just how close the match was.

CONSOLATION FINAL.

This also was a very close game between Footie Franks & Jetsetters and went the full distance of 5 games before victory finally went to Footie Franks 3-2. Jetsetter's form in their last 2 weeks has been excellent and augers well for the next roster. Best players for the Franks were difficult to pick as it was more of a team effort which pulled them through while the best for Jetsetters were Kent Wells & Mark Read. The final game in this match was a real thriller with both sides being on match point on numerous occasions until the Franks just pulled away to win 18-16.

On December 12th. (Tuesday) the ladies grand final will be played and it is hoped that the men will turn up to support the teams playing also an exhibition match will be played between the men's premiers, ADIDAS and a combined team picked from the other 4 teams. The next roster will start on the 11th. January and go through until Easter and details of this roster plus requirements of teams wishing to nominate to play etc. will be published in a few weeks time in this paper.

LADIES VOLLEYBALL RESULTS

The matches played on the 7 November had the following results:

Game 1. This was between Trendsetta and Blackwoods and resulted in another win for Trendsetta sending them even further ahead on points. Scores were 3 games to 1. Best for Trendsetta: Tracy Lynch, Janice Bradbury. For Blackwoods: Katherine Miles, Janine Harris, Margaret Harris.

Game 2. This was a one sided game between Bankcard and Kiwis (formerly Channel 9) with Bankcard gaining a well earned 4 points. Scores were 3 games to 1. Best for Bankcard: Chris McCarty, Patsy Burgess. For Kiwis: Mary Targett, Karlene Richards.

14 NOVEMBER

Game 1. With the score 2 all Kiwis went into the final game determined to beat B/woods. And win they certainly did - 15 - 2. Best for Kiwis J. Lynch, M. Targett.

Game 2. Trendsetta won this game against Bankcard. Scores were 3 games to 1. Best for Trendsetta: Tracy Lynch, Margaret French and for Bankcard, Sandra Gillies and Debbie Gray.

LADDER with three rounds to go

Trendsetta	28
Kiwis	16
Bankcard	8
Blackwoods	4

REMAINING ROSTER MATCHES

NOVEMBER 21st

Kiwis	v	Trendsettas
Blackwoods	v	Bankcard

NOVEMBER 28th

Kiwis	v	Bankcard
Blackwoods	v	Trendsettas

DECEMBER 5th

Bankcard	v	Trendsettas
Blackwoods	v	Kiwis

DECEMBER 12th

Finals

7.00pm Exhibition Game

Mens Premiers v Combined Side

8.00pm Womens Grand Final

1st position v second position

Awarding of Trophies to Premier Side by D. Cashboul.

LIONS VILLAGE LICOLA

The date is now 17th November and Christmas is only 38 days away. Christmas is essentially for children. A child in our community may be missing a holiday such as Licola can provide simply if the want of someone taking the time to advise us of his or her name. It doesn't have to be your child, nor do you have to make any approaches; all we want is the name. We will investigate, interview, obtain parental consent, get them on the plane, arrange billets in Melbourne, transport to the train and the same on return. There will be a responsible adult leader travelling with them and looking after them right through until they return. So if you know of any boy or girl aged 8 to 12 inclusive who might not otherwise get such a holiday please let us know promptly. We'll do the rest. Write to 'Licola' Box 70, St. Marys.

WE'RE A BIT SNAKEY

We at St. Marys Post Office pride ourselves with the ability to deliver all articles posted however unusual but to the person who posted the small black item in the letter receiver last weekend we must apologise. As the item bore no address, no stamps and no return address, it had to be properly disposed of, besides tigersnakes aren't our favourite article.

STARDUST

BY MERCURY
Fortnight from November 17

ARIES: March 21 - April 20

Make a big effort to be reasonable, watch out for cross-currents involving those at a distance, communicate with friends & relatives so they know where you are at. Lucky days 23, 25.

TAURUS: April 21 - May 20

You could have some disagreement with a younger person, be diplomatic about it; aggression will make matters worse. Lucky days 18, 21.

GEMINI: May 21 - June 20

These are good times to start renovation projects, but watch out for some friction from family who do not like what you planned, talk it over with them. Lucky days 19, 22.

CANCER: June 21 - July 22

This is a good time for local travelling, visiting or for communicating with others, make some firm plans for a study course which will help you in your career. Lucky days 22, 25.

LEO: July 23 - August 22

This is a good time to pursue creative activities, catch up on letters, take some thought for realistic matters for your family, don't be aggressive about it. Lucky days 18, 21.

VIRGO: August 23 - Sept 22

Be prepared for some problems involving family or parents, you can find ways to overcome this, try not to push these ideas too strongly, so go slowly. Lucky days 27, 29.

LIBRA: September 23 - October 22

Stay within your budget now or any gains you may have seen will go down the drain, get busy preparing surprises for children at Christmas and mail early. Poor travel days just now. Lucky days 20, 25.

SCORPIO: October 23 - November 22

Shop around a little to get some new ideas for a property matter, which may be settled well, you could look forward to running things yourself. Lucky days 25, 30.

SAGITTARIUS: November 23 - December 21

Be careful in driving, check for mechanical defects, keep good hours, get lots of rest, work on plans for future use, talk over plans so there is agreement. Lucky days 22, 29.

CAPRICORN: December 22 - January 19

Activities with friends and fraternal groups are stimulating & beneficial, don't try to rush slow moving people, a creative project may be stalled for a time, don't worry though. Lucky days 23, 28.

AQUARIUS: January 20 - February 18.

Many are called upon to make decisions in a hurry, but evaluation of all angles should be as thorough as possible to prevent mistakes, don't hesitate to make adjustments if needed. Lucky days 23, 27.

PISCES: February 19 - March 20

Projects which depend on co-operation of partners can be advanced, be prepared for cross-currents with family ideas, health may be affected by this. Lucky days 27, 29.

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ST MARYS

BUTCHERY

WE DONT KEEP THE BEST

175
115

WE SELL IT

PHONE 72. 2274

THE CARLYLE

Earrings and necklaces to match from 1-75

Summer frocks and Teens frocks.

Summer tops suitable for golf. Short sleeved summer cardigans, printed T.shirts

Surf stuff. Briefs (MEN)

PHONE ST. HELENS. 76. 1175